



YMCA EXETER

YMCA EXETER COMMUNITY PROJECTS
(Company Limited by Guarantee)

INDEPENDENTLY EXAMINED FINANCIAL STATEMENTS
STATEMENTS FOR THE YEAR ENDED 31 MARCH

REGISTERED CHARITY NUMBER 1162431



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Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name YMCA Exeter Community Projects

Charity registration number 1162431

Company registration number 09437425

Principal office and registered office
39/41 St David's Hill
Exeter
Devon
EX4 4DA

The trustees

P Reisbach	Chair
W McDermid	Treasurer
S Traynor	
J Snicker	
P Lambdin	
L Glanville	
R Nardone	
E White	(Appointed 26 September 2022)
L Herring	(Appointed 26 September 2022)
T Cox	(Appointed 30 January 2023)
J Katte	(Appointed 15 May 2023)
P Cloke	(Deceased 25 May 2022)
L Nicholls	(Resigned 26 September 2022)
D Leighton Plom	(Resigned 30 January 2023)

Independent examiner Robyn Gifford-England ACA
Westcotts (SW) LLP
Timberly
South Street
Axminster
Devon
EX13 5AD

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Association is an incorporated registered charity (number 1162431). The governance of the Association is conducted in accordance with the Constitution registered with the Charity Commission. The business of the Association is managed by the Board, which may include co-opted members, who may not exceed five in number or one third of the membership of the Board.

The Charity has a Board of up to a maximum of twelve members who meet regularly. They are responsible for the strategic direction and policy of the Charity. One third of the number of members of the Board or three members (whichever is the greater), need to attend each meeting to form a quorum. At 31st March 2023, the Board comprised of ten members.

The Board seeks to ensure that members have a range of skills covering business and management areas, together with those with experience of working with our primary client groups. In the event of particular skills being lacking or lost due to retirement from the Board, individuals with similar skills are sought as replacements.

All members of the Board give their time voluntarily and receive no benefits from the Charity.

LEADERSHIP

Since 2017 we have had a joint leadership model to foster accountability and mutual support in what can often be an isolating role. Our Joint CEOs strive to deliver a better, stronger and more effective service for our beneficiaries, our staff and our volunteers.



Gareth Sorsby

Gareth began working at YMCA Exeter Community Projects in 2010. After leaving school, Gareth gradually worked his way up to General Manager at a 4* Cornish hotel, before moving to YMCA Exeter to help young people and ex-offenders into employment.

Gareth believes strongly in early intervention and the importance of family programmes. Gareth specialises in strategic housing and community development.



Si Johns

Si began working at YMCA Exeter Housing Association in 2002 as an Assistant Housing Manager, with a background in youth work and social work. An expert in the benefits system, tribunals and disability training, Si is also a Full Chartered Member of the Chartered Institute of Housing.

Si believes that this "work is all about spotting peoples' potential and giving them the time they need to see it for themselves."

OBJECTIVES AND ACTIVITIES

Our Christian ethos is the foundation and inspiration for all that we do, and therefore our Strategic Objectives seek to be more than simply about organisational development; through them we seek to demonstrate the love of Christ to those around us and seek out, welcome, inspire, speak out and serve communities in His name.

Remain true to our values and be obedient to God's calling.

This objective is the core of who we are and will shape all our existing and future work and the way we interact with our colleagues, partners and service users.

Value, develop and inspire our staff & volunteers to develop a highly skilled and motivated team.

We recognise that our staff team are our greatest resource. With them empowered and operating at high capacity we will achieve more. YMCA Exeter is committed to high quality training and planning of career progression for all our staff. We will cultivate a reputation as an employer of excellence across Exeter and beyond.

Continually listen to our communities to identify needs and work together to meet them.

We will ensure that communities are involved in everything we do, from needs analysis, planning new work, fundraising and delivery to create change from within.

Ensure our consistent financial sustainability.

We are committed to ensuring our financial sustainability through first and foremost trusting in God, coupled with developing a wide range of financial models including enterprise, grants, contracts and donations.

Grow, Expand and Deepen our work.

We will strive for excellence in all we do, ensuring all our programmes and services are delivered to the highest possible standard. We are committed to working in partnership with churches and with other organisations that demonstrate similar values to our own.

Welcome to the YMCA Exeter Annual Report for 2023

It is with immense pride and gratitude that I share with you the remarkable strides we have made in continuing our mission to empower, nurture, and support our community.

This year, our projects have been more vital than ever, serving as beacons of hope and resilience in the face of unprecedented challenges. At YMCA Exeter Community Projects, we have always been committed to providing a safe and inclusive space where individuals of all backgrounds can thrive and this year was no exception.

Fostering Growth, Resilience and Hope

At the heart of YMCA Exeter Community Projects is a myriad of projects that touch the lives of countless individuals and families in our community. From mental health support initiatives to youth development programmes, our efforts continue to make a meaningful impact. During the year we expanded our projects to include:

- *New families outreach work in partnership with Trinity Church Exeter.*
- *Remodelled our social and therapeutic horticulture project to include green woodwork and forest school.*
- *More therapists employed to meet the growing need within Children and Young Peoples' Mental Health.*

Challenges and Triumphs

The past year has presented us with extraordinary challenges. The cost-of-living crisis, coupled with the burden of increased energy costs, has weighed heavily on our communities. Families have had to make difficult choices, and individuals have faced unimaginable hardships.

Yet, amid these challenges, I am continually inspired by the resilience and determination of our communities and our staff team. We have come together, adapted, and found innovative ways to address these issues head-on. Together, we have weathered the storm, proving that even in the toughest of times, the YMCA Exeter Community Projects' spirit remains unwavering.

Thank You for Your Support

None of our achievements would have been possible without the unwavering support of our donors, volunteers, partners, and the entire YMCA Exeter Community Projects family. Your dedication to our cause is the driving force behind our success, and for that, we are profoundly grateful.

As we embark on another year of service, we carry with us the lessons learned, the resilience we've built, and the commitment to making our communities stronger, healthier, and more connected than ever before. Thank you for being a part of our journey, and for believing in the transformative power of YMCA Exeter Community Projects. Together, we will continue to light the way forward.

Warm regards,

Gareth
Joint CEO



REVIEW OF OUR PROJECTS

Therapeutic Horticulture and Green Woodwork

Under the direction of Community Projects Manager Sam, the project has evolved through the year to develop and offer outdoor based education, hands on sessions and talking space for young people from each stage of accommodation provided by our sister charity, City of Exeter YMCA, as part of our shared Lighthouse project. In addition, we have developed sessions specifically for young people engaged on our social prescribing project, Community Connecting.

At our main address, the team alongside the young people, have developed a multi-use garden space with 10 raised beds, a greenhouse for growing tomatoes and a sheltered woodwork area complete with a foot-powered pole lathe. In addition, we have built a cabin workshop with a woodfired pizza oven, perfect for teaching sessions during bad weather and other social gatherings.

In Newcourt, our team have actively engaged both YMCA and other local residents in developing and maintaining the community allotment based at the local community centre.



Over in Exwick, in partnership with Exwick Community Church and the Ark pre-school we have shaped a forest school area, complete with a pizza oven, fire pit and spaces for children to attempt whittling and other bush crafts. This space is used weekly by the pre-school as well as by the church for their Friday Friendship sessions. We utilise this space for engagement sessions with our residents living in our Stage 3 housing in Exwick.

Finally, we have partnered with St Sidwell's Community Centre and their well-established gardening group to provide opportunity for residents at Sidwell Studios (our sister charity's latest Stage 4 housing development) to help maintain the local allotments and graveyard gardens.

Looking ahead, Sam will be working towards completing his forest school leader qualification and we will be actively pursuing opportunities to provide forest school sessions to local schools and community groups where they don't have access to such facilities.



Wellbeing Exeter: Community Connecting

Social prescribing offers significant benefits to young people in Exeter aged 18-30 by providing a holistic approach to healthcare and well-being. Through social prescribing, these individuals can be connected to a diverse range of non-medical support services



tailored to their specific needs and interests. This may include opportunities for physical activity, mental health support, creative arts, volunteering, or social engagements within

the local community. For young adults in this age group, social prescribing offers a chance to combat feelings of isolation, anxiety, and stress often associated with this transitional phase of life. It encourages social interaction, fosters a sense of belonging, and promotes a

healthier lifestyle, ultimately leading to improved mental health, increased physical activity, enhanced social skills, and a stronger overall wellbeing.

Children and Young Peoples' Wellbeing Practitioners (CWP)

Moving into our third year of offering this service we have employed 2 trainee CWPs and 2 qualified CWPs and they have been able to support 253 young people. Unfortunately, in January 2023 we had to stop receiving any new referrals as the service was so oversubscribed, we could not keep up with the need. The project remained closed to new referrals until September 2023 when everyone on the waiting list had entered therapy.

CWPs, in their first year of employment undergo professional training at The University of Exeter to assess and support children and young people (CYP) with common mental health difficulties, particularly mild to moderate symptoms of anxiety, depression and behavioural difficulties. They are trained to utilise low intensity, Cognitive Behavioural Therapy (CBT) to assist CYP and their parents/carers to respond positively.

Our team deliver their interventions face to face in dedicated wellbeing rooms in the centre of Exeter as well as virtually via Zoom. Throughout the year, the team have also delivered parenting interventions to help parents work through tactics with their children.

70% of our referrals came directly from children or their parents, which demonstrate that universal access to early interventions for children and young people is still lacking. The rest of our referrals came from professionals working directly with CYP such as schools, colleges, early help and CAHMS. A young person recently said: *"I would like to thank you for your help it made me feel like a new Person and I feel so much stronger and confident in myself and I can't thank you enough for it you have been amazing towards me and I have really trusted you with everything opening up to you made a whole weight been lifted of my shoulder and I don't think I would be this happy without you".*

As of September 2023, we are introducing a 6 month check in phone call post therapy to measure impact further.

Youth Services

Our weekly youth club takes place in Broadclyst, a village on the outskirts of Exeter, and is funded by the Parish Council. Throughout this year, we have worked with 41 young people, seeing them most weeks. Sessions are varied throughout the summer term when we plan activities and excursions, such as laser tag and beach trips.

One of the key themes we have worked through during the final quarter of the year has been the transition from primary to secondary school, assisting young people to be aware of their feelings and equipping them with tools to help themselves should they start to struggle with the feeling of anxiety or worry.



In addition to regular youth sessions, our youth work coordinator Becky has provided 1-2-mentoring for college age students from Broadclyst but who attend Exeter College located near to the YMCA.

Exwick Community Work

Delivered in partnership with Exwick Community Church, this year our 3 part time community workers have adapted their delivery to fit the emerging needs within this area of the city. The project now consists of the following:



Parent Point

A toddler friendly space with a crèche so that parents can relax and engage in the weekly topics and share with their peers. The team delivered two rounds of Kids Matter courses through the year, an evidence-informed parenting programme which equip mums, dads and carers with the confidence, competence and community they need to enable their children to thrive. One attendee said "Bedtimes had been transformed by using the techniques that we learnt about last week."

Friday Friendship

A safe place to invite everybody across all generations, with games, refreshments and play equipment for the toddlers. Support provided varies depending on need but has included assistance with CV writing and job searches, housing advice and help accessing statutory services. More recently this session has benefited from the use of the forest school area, providing outdoor space and hands on activities.

Messy Church

A safe space for children and their families. It is incredible to see the depth of conversation, connecting and relationship-building that goes on each month over craft, celebrations and especially mealtime during the session. Messy church has provided another great bridge into church community for a number of families.

In addition to these regular sessions, the community workers have worked 1-2-1 with

individual needing support in other areas, such as dealing with rogue landlords, addressing housing issues, accessing other forms of support and money management support.

Trinity Families Work

The newest community project, launched in the Autumn of 2022 in partnership with and funded by Trinity Church Exeter. The project employs 2 part time staff to reach out into the parish of the church, identifying and working with families who would welcome additional support from trained professionals.

The objective for this project is to build a responsive and reputable piece of family work that genuinely reflects the character and care of God to those young families, located in the parish of Holy Trinity, who would otherwise be isolated, perhaps disengaged and not connected with the local church. Trinity Church is based in Digby, Sowton and Newcourt and meets at 2 locations Clyst Heath Nursery and Community Primary School and Trinity CofE VA Primary & Nursery School. Within the first 6 months of the project the workers have helped run a weekly toddler group, set up a SEND parent support session and delivered the Care for The Family Parenting Course at both sites.

Mental Health

Our Mental Health Coordinator works with children in schools and residents of the YMCA to help them have a better awareness of their mental wellbeing and equip them with tools and skills to self-help and offer peer support to one another. In the latter part of the year this project has been paused as our Wellbeing coordinator Martha went on Maternity leave having welcomed twins into her family.



Volunteering

We are so thankful for and recognise the huge importance volunteers play in our work, with 32 volunteers supporting regularly through giving their time and many more volunteers helping to run events and raise awareness of the YMCA. Over the course of the year, we have received 4,160 hours of direct volunteer support, which if we had needed to utilise staff instead would have cost a £49,504!

In addition to the regular volunteers, we benefit hugely from international volunteer placements. This year we trialled very successfully a new partnership with Action Reconciliation Service for Peace (ARSP), an organisation born out of the Lutheran church in Germany with a focus on remembering the holocaust and linking young people with learning opportunities abroad. This year 2 individuals from Germany and Poland joined our team for an 11-month placement. They get involved in all aspects of YMCA work, from Youth groups to Housing support. Alongside this they undertake a structured theological course to help them combine their faith with practical action and service.

How our activities deliver public benefit

All our charitable activities focus on helping young people who are exposed to a range of risks or are in some way vulnerable. The trustees have read the Charity Commission guidance on public benefit, are satisfied that these activities further our charitable purposes and clearly demonstrate that the charity is providing a benefit to the public.

Risk Management

The Board has conducted a review of the major risks to which the Charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the Charity faces.

Internal control risks are minimised by the implementation of procedures for authorisation of transactions and projects. Budgets are produced prior to the commencement of the year to establish the level of funding required and applications are made to cover this expenditure. The majority of the expenditure is planned in advance to ensure that it does not exceed the annual income. If funds are not forthcoming, then the work of the Charity is curtailed.

Management accounts are prepared quarterly and these are compared with the budget to ensure the Charity can maintain its activities. These are presented to the Board who review past performance and plan for the future. None of the projects charge clients for the services supplied, so the Charity is dependent upon a range of funding streams to cover our costs each year. Procedures are in place to ensure compliance with health and safety of staff, service users and visitors to the premises and regular reports are made to the Board. These procedures are periodically reviewed to ensure that they continue to meet the needs of the Charity.

Investment Policy

The Charity has set aside a designated reserve to meet future expenditure on buildings. The Charity has no other reserves for investment as income is used as working capital.

Reserves Policy

The trustees aim to hold reserves consisting of the following amounts:

- £21,240 for ongoing maintenance of the building.
- £10,000 for set-up costs in new project developments.

In addition, the trustees aim to hold 2 months of overall expenditure in reserve to allow for the peaks and troughs of funding timing. Based on 2023/24 budgets this is approximately £82,834.

The total amount of reserves the trustees would like to hold is therefore £114,074.

At the year end, net assets were £114,923 of which £54,548 were tangible fixed assets giving net current assets of £60,375. Of this £21,183 was restricted funds, leaving free reserves of £39,192. This is below the reserves policy by £74,882, however the restricted funds of £21,183 will be used to pay for projects that would otherwise be funded by free reserves, and therefore contributes to the target of holding 2 months of overall expenditure. The trustees therefore consider the funds to be below target by £53,699. The trustees will increase the reserves in line with the policy through budgeted surpluses over the next few years.

Financial review

Income is generated through several different channels. Restricted funding for specific projects is received from grants and service delivery contracts. Unrestricted funding, which is critical for covering core operating costs, comes through general donations from individuals, churches, organisations and fundraising activities.

Total income in the financial year has increased by £92,959 compared to the previous financial year. Total expenditure has increased by £77,410. The financial performance for the year is a net deficit of £43,789.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 25th September 2023 and signed on behalf of the board of trustees by:



P Reisbach
Trustee



W McDermid
Trustee

I report to the trustees on my examination of the financial statements of YMCA Exeter Community Projects ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Robyn Gifford-England ACA

Independent Examiner

Westcotts (SW) LLP

Timberly

South Street

Axminster

Devon EX13 5AD

Dated: 22th November 2023

YMCA EXETER COMMUNITY PROJECTS

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023



Here for young people
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		Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
	Note				
Income and endowments					
Donations and legacies	5	11,951	82,693	94,644	79,460
Charitable activities	6	23,000	267,203	290,203	232,055
Other trading activities	7	100	–	100	4,399
Investment income	8	63	–	63	–
Other income	9	71,415	–	71,415	47,552
Total income		<u>106,529</u>	<u>349,896</u>	<u>456,425</u>	<u>363,466</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	10	50,451	–	50,451	50,470
Expenditure on charitable activities	11	68,374	381,389	449,763	372,334
Total expenditure		<u>118,825</u>	<u>381,389</u>	<u>500,214</u>	<u>422,804</u>
Net expenditure		<u>(12,296)</u>	<u>(31,493)</u>	<u>(43,789)</u>	<u>(59,340)</u>
Transfers between funds		(10,195)	10,195	–	–
Net movement in funds		<u>(22,491)</u>	<u>(21,298)</u>	<u>(43,789)</u>	<u>(59,340)</u>
Reconciliation of funds					
Total funds brought forward		116,231	42,481	158,712	218,052
Total funds carried forward		<u>93,740</u>	<u>21,183</u>	<u>114,923</u>	<u>158,712</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

YMCA EXETER COMMUNITY PROJECTS

Company Limited by Guarantee
Statement of Financial Position
Year ended 31 March 2023



Here for young people
Here for communities
Here for you

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	16	54,548	57,277
Current assets			
Debtors	17	56,507	19,333
Cash at bank and in hand		25,485	89,734
		<u>81,992</u>	<u>109,067</u>
Creditors: amounts falling due within one year	18	21,617	7,632
Net current assets		<u>60,375</u>	<u>101,435</u>
Total assets less current liabilities		<u>114,923</u>	<u>158,712</u>
Net assets		<u>114,923</u>	<u>158,712</u>
Funds of the charity			
Restricted funds		21,183	42,481
Unrestricted funds		93,740	116,231
Total charity funds	21	<u>114,923</u>	<u>158,712</u>

For the year ended 31 March 2023 the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the Board of trustees and authorised for issue on 25th September 2023, and are signed on behalf of the Board by:

P Reisbach
Trustee

W McDermid
Trustee

1. General information

The Charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 39/41 St David's Hill, Exeter, Devon EX4 4DA.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure. The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the Charity's ability to continue.

Debtors and creditors receivable/ payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of the acquisition or opening of the deposit or similar account.

Reserves

Operating reserves are unrestricted cash or working capital. The charity aims to hold unrestricted cash reserves of two months budgeted expenditure.

3. Accounting policies (continued)

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

- (a) No cash flow statement has been presented for the company.
- (b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the Charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

3. Accounting policies (*continued*)

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the Charity; it is probable that the economic benefits associated with the transaction will flow to the Charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Legacy income is recognised when receipt is probable and entitlement is established.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- Other expenditure includes all expenditure that is neither related to raising funds for the Charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

3. Accounting policies (*continued*)

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	2% straight line
Furniture and equipment	-	25% reducing balance
Computer equipment	-	Straight line over 3 years

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

Financial instruments

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

3. Accounting policies (continued)**Defined contribution plans**

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

Pension costs

Pension costs for the defined contribution scheme are charged against income as they are due.

4. Limited by guarantee

YMCA Exeter Community Projects is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required, not exceeding £1, to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	8,451	13,046	21,497
Other income	3,500	–	3,500
Grants			
Revenue grants	–	69,647	69,647
	<u>11,951</u>	<u>82,693</u>	<u>94,644</u>

5. Donations and legacies (*continued*)

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	2,488	10,959	13,447
Other income	-	-	-
Grants			
Revenue grants	-	66,013	66,013
	<u>2,488</u>	<u>76,972</u>	<u>79,460</u>

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Project Delivery Contracts	-	249,203	249,203
Volunteer coordination and support	23,000	18,000	41,000
	<u>23,000</u>	<u>267,203</u>	<u>290,203</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Project Delivery Contracts	-	191,446	191,446
Volunteer coordination and support	22,609	18,000	40,609
	<u>22,609</u>	<u>209,446</u>	<u>232,055</u>

7. Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Fundraising events	100	-	100

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Fundraising events	11	70	81
Rental income	4,318	-	4,318
	<u>4,329</u>	<u>70</u>	<u>4,399</u>

YMCA EXETER COMMUNITY PROJECTS

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2023



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8. Investment income

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
Bank interest receivable	63	63	-	-

9. Other income

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
Office Rental - City of Exeter YMCA	19,320	19,320	19,272	19,272
Lease Rental - City of Exeter YMCA	5	5	5	5
Centre Management - YMCA Centres (South Molton)	52,090	52,090	28,275	28,275
	71,415	71,415	47,552	47,552

10. Costs of raising donations and legacies

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
Fundraising costs	2,068	2,068	2,057	2,057
Fundraising – wages & salaries	41,947	41,947	42,144	42,144
Fundraising – employer's NIC	3,504	3,504	3,319	3,319
Fundraising – pension costs	2,932	2,932	2,950	2,950
	50,451	50,451	50,470	50,470

11. Expenditure on charitable activities by activity type

	Core	Perspectives & Volunteers	Youth & Family	Mental Health & Wellbeing	Total funds 2023
	£	£	£	£	£
Direct costs	25,874	52,556	29,893	227,349	335,672
Staff costs	-	9,980	1,478	1,013	12,471
User costs	691	128	1,762	5,715	8,297
Operations	15,842	1,132	476	10,266	27,716
Overheads					
Premises	3,764	587	-	473	4,824
Utilities	5,246	-	-	-	5,246
Indirect costs					
Governance	3,588	-	-	-	3,588
Depreciation	4,498	-	-	-	4,498
Management & admin	8,294	6,758	3,103	26,210	44,365
Fundraising & Publicity	578	470	215	1,823	3,086
	68,374	71,612	36,927	272,850	449,763
Unrestricted funds	68,374	-	-	-	68,118
Restricted funds	-	71,612	36,927	272,850	381,645
	68,374	71,612	36,927	272,850	449,763

11. Expenditure on charitable activities by activity type (continued)

	Core Perspectives & Volunteers		Youth & Family	Mental Health & Wellbeing	Total funds 2022
	£	£	£	£	£
Direct costs	12,088	36,177	23,814	176,050	248,129
Staff costs	-	27,277	1,206	315	28,798
User costs	856	896	834	4,529	7,115
Operations	5,772	730	806	23,961	31,269
Overheads					
Premises	4,110	244	-	95	4,449
Utilities	3,598	-	-	-	3,598
Indirect costs					
Governance	3,489	-	-	-	3,489
Depreciation	5,134	1,432	-	-	6,566
Management & admin	6,475	7,936	2,753	19,226	36,390
Fundraising & Publicity	450	552	191	1,338	2,531
	41,972	75,244	29,604	225,514	372,334
Unrestricted funds	41,972	-			41,972
Restricted funds	-	75,244	29,604	225,514	330,362
	41,972	75,244	29,604	225,514	372,334

12. Net expenditure

Net expenditure is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets	4,497	6,566

13. Independent examination fees

	2023 £	2022 £
Fees payable to the independent examiner for: Independent examination of the financial statements	2,960	2,750

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023 £	2022 £
Wages and salaries	325,526	253,066
Social security costs	11,961	14,744
Employer contributions to pension plans	21,274	15,575
	358,761	283,385

The average head count of employees during the year was 19 (2022: 14).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

Key Management Personnel

	2023	2022
	£	£
Basic salary	43,012	38,639
Social security costs	4,898	4,106
Employer contributions to pension plans	3,011	2,705
	<u>50,921</u>	<u>45,450</u>

15. Trustee remuneration and expenses

There were no expenses or remuneration paid to trustees in the year (2022:Nil).

16. Tangible fixed assets

	Freehold property £	Core furniture and equipment £	Core computer equipment £	Horticulture furniture and equipment £	Total £
Cost					
At 1 April 2022	106,541	15,774	26,939	16,647	165,901
Additions	–	1,348	421	–	1,769
Disposals	–	(5,796)	(19,809)	(9,273)	(34,878)
At 31 March 2023	<u>106,541</u>	<u>11,326</u>	<u>7,551</u>	<u>7,374</u>	<u>132,792</u>
Depreciation					
At 1 April 2022	61,114	11,408	23,752	12,351	108,625
Charge for the year	2,131	1,074	1,546	(254)	4,497
Disposals	–	(5,796)	(19,809)	(9,273)	(34,878)
At 31 March 2023	<u>63,245</u>	<u>6,686</u>	<u>5,489</u>	<u>2,824</u>	<u>78,244</u>
Carrying amount					
At 31 March 2023	<u>43,296</u>	<u>4,640</u>	<u>2,062</u>	<u>4,550</u>	<u>54,548</u>
At 31 March 2022	<u>45,427</u>	<u>4,366</u>	<u>3,187</u>	<u>4,296</u>	<u>57,277</u>

17. Debtors

	2023	2022
	£	£
Amounts owed by connected organisations - YMCA Centres (South Molton)	15,325	10,034
Prepayments and accrued income	33,749	8,961
Other debtors	7,433	338
	<u>56,507</u>	<u>19,333</u>

18. Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	935	1,264
Amounts owed to connected organisations - City of Exeter YMCA	12,669	2,556
Accruals and deferred income	8,013	3,812
	<u>21,617</u>	<u>7,632</u>

19. Deferred income

	2023	2022
	£	£
Amount deferred in year	<u>3,567</u>	<u>-</u>

20. Pensions and other post-retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £21,275 (2022: £15,576).

21. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
General funds	94,991	106,529	(118,825)	(10,195)	72,500
Property reserve	21,240	-	-	-	21,240
	<u>116,231</u>	<u>106,529</u>	<u>(118,825)</u>	<u>(10,195)</u>	<u>93,740</u>

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
General funds	127,602	76,978	(92,442)	(17,147)	94,991
Property reserve	21,240	-	-	-	21,240
	<u>148,842</u>	<u>76,978</u>	<u>(92,442)</u>	<u>(17,147)</u>	<u>116,231</u>

The property reserve was established to cover the cyclical maintenance and component replacement of the freehold property.

21. Analysis of charitable funds (continued)

Restricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Horticulture Project	9,233	45,120	(47,075)	(1,955)	5,325
Volunteer Programme	960	15,000	(15,000)	1,062	2,022
Youthwork					
- Broadclyst	1,284	12,231	(11,858)	-	1,657
Erasmus Project	-	10,963	(9,414)	(1,549)	-
Ten:10 Volunteers	1,948	200	(125)	(2,022)	-
Mental Health	751	21,268	(28,474)	6,455	-
Wellbeing Exeter	7,246	59,472	(60,013)	-	6,705
Family work - Exwick	3,700	20,536	(20,585)	-	3,651
Wellbeing practitioners					
- Uni of Exeter	17,359	158,799	(184,362)	8,204	-
Trinity Church - Family Work	-	6,307	(4,484)	-	1,823
	42,481	349,896	(381,390)	10,195	21,183

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Horticulture Project	13,783	28,611	(33,157)	-	9,233
Volunteer Programme	-	15,000	(14,040)	-	960
Youthwork					
- Broadclyst	1,833	10,108	(10,657)	-	1,284
Erasmus Project	-	3,000	(23,843)	20,843	-
Ten:10 Volunteers	1,948	7,900	(4,204)	(3,696)	1,948
Mental Health	11,285	14,000	(24,534)	-	751
Wellbeing Exeter	6,871	79,310	(78,935)	-	7,246
Family work - Exwick	3,007	19,639	(18,946)	-	3,700
Wellbeing practitioners					
- Uni of Exeter	30,485	108,920	(122,046)	-	17,359
	69,210	286,488	(330,362)	17,147	42,481

21. Analysis of charitable funds (continued)

The Horticulture Project delivers therapeutic horticulture intervention and mentoring support to young people in the community.

The Volunteer Programme recruits and trains volunteers who then assist on our various projects. It is also responsible for our International Volunteer Programme called TEN:10.

Youthwork, Children Services and Family Work run in Broadclyst (commissioned by Broadclyst Parish Council), Exwick (in partnership with Exwick Community Church) and Digby and Newcourt (in partnership with Trinity Church).

The Erasmus Programme has been financed by the Erasmus+ Programme through the British Council. Each academic year we receive young people on placement with us from our partner sending organisation YMCA Germany.

Mental Health is the catch all title for our wide array of programmes and interventions to build personal resilience and wellbeing amongst young people.

Wellbeing Exeter Community Connectors is a social prescribing multi agency partnership project. Delivered across the whole of Exeter, YMCA Exeter Community Projects provide support to young people aged 18-30 years old referred into the service by local GPs and through self-referrals.

Wellbeing Practitioners (CWP) is a clinical focused intervention for children and young people aged 5-18 years with common mental health difficulties, particularly mild to moderate symptoms of anxiety, depression and behavioural difficulties.

22. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	49,998	4,550	54,548
Current assets	65,359	16,633	81,992
Creditors less than 1 year	(21,617)	–	(21,617)
Net assets	93,740	21,183	114,923

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	52,973	4,304	57,277
Current assets	70,890	38,177	109,067
Creditors less than 1 year	(7,632)	–	(7,632)
Net assets	116,231	42,481	158,712

23. Related parties

City of Exeter YMCA Housing Association is a company limited by guarantee, and a registered in England under the Companies Act 2006, number 2449636 and a registered charity, number 803226. City of Exeter YMCA is registered with the Regulator of Social Housing as a registered provider of social housing, number H3905. YMCA Centres (South Molton) is an incorporated registered charity and company limited by guarantee. Currently the trustees of City of Exeter YMCA Housing Association and City of Exeter YMCA Community Projects are the same members. Some of the members are also trustees of YMCA Centres (South Molton).

Day to day responsibility for the management of the three organisations rests with the Joint Executive Leads of City of Exeter YMCA Housing Association and YMCA Exeter Community Projects supported by the senior management team under a service level agreement between the respective organisations.

During the year the charity made payments to and received payments from City of Exeter YMCA Housing Association and YMCA Centres (South Molton) for shared costs and services provided. These have been charged at comparable market costs, without allowing any discounts due to the connected nature of their relationship.

The Charity charges City of Exeter YMCA for the work carried out by the Joint Chief Executive Officer, volunteer coordinator, international volunteers and staff running the Horticulture Project. In addition, the Charity charges rental of office space and room. The total charges for the year amount to £79,931 (2022: £67,886). The Charity invoices YMCA Centres (South Molton) centre management fee for the running of the Centre, £52,090 (2022: £27,528).

The Charity is being charged by City of Exeter YMCA for services provided; cleaning, management and administration, publicity and marketing, resources and communications support and staff supporting the Charity's project. Other charges include office expenses and provision of accommodation for international volunteers. The charge for the year is £63,343 (2022: £55,305). The amount charged is at market rate.

At the end of the year £12,669 (2022: £2,556) was owed to the Housing Association for costs incurred but not yet reimbursed to them. An amount of £15,325 (2022: £10,034) was owed from YMCA Centres (South Molton) for funds received on its behalf.

***THE FOLLOWING PAGES DO NOT FORM
PART OF THE FINANCIAL STATEMENTS***

YMCA EXETER COMMUNITY PROJECTS

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2023



Here for young people
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	2023 £	2022 £
Income and endowments		
Donations and legacies		
Donations	21,497	13,447
Other income	3,500	–
Revenue grants	69,647	66,013
	<u>94,644</u>	<u>79,460</u>
Charitable activities		
Delivery Contracts	249,203	191,446
Volunteer coordination and support	41,000	40,609
	<u>290,203</u>	<u>232,055</u>
Other trading activities		
Fundraising events	100	81
Rental income	–	4,318
	<u>100</u>	<u>4,399</u>
Investment income		
Bank interest receivable	63	–
	<u>63</u>	<u>–</u>
Other income		
Office Rental - City of Exeter YMCA	19,320	19,272
Lease Rental - City of Exeter YMCA	5	5
Centre Management - YMCA Centres (South Molton)	52,090	28,275
	<u>71,415</u>	<u>47,552</u>
Total income	<u>456,425</u>	<u>363,466</u>

YMCA EXETER COMMUNITY PROJECTS

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2023



Here for young people
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	2023 £	2022 £
Expenditure		
Costs of raising donations and legacies		
Fundraising costs	2,068	2,057
Wages and salaries	41,947	42,144
Employer's NIC	3,504	3,319
Pension costs	2,932	2,950
	<u>50,451</u>	<u>50,470</u>
 Expenditure on charitable activities		
Wages and salaries	283,579	210,920
Employer's NIC	8,457	11,426
Pension costs	18,342	12,625
Staff costs	22,282	11,272
Staff travel	3,013	1,884
Repairs and maintenance	1,115	2,277
Rates, electricity and gas	6,168	3,598
Premises hire	9,646	13,260
Computer costs	9,488	9,183
Insurance	2,807	2,945
Office expenses	1,587	3,538
Volunteer costs	462	447
Other operational costs	156	334
Service user costs	7,342	12,939
International volunteer costs	5,447	15,860
Affiliation fees	2,049	1,427
Professional fees	1,520	-
Independent examiners fees	3,366	3,163
Board training and meetings	222	326
Bank charges	150	138
Depreciation	4,497	6,566
Payments to City of Exeter YMCA Housing Association	58,068	48,208
	<u>449,763</u>	<u>372,336</u>
 Total expenditure	<u>500,214</u>	<u>422,806</u>
 Net expenditure	<u>(43,789)</u>	<u>(59,340)</u>



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